

## Interested in a Mediterranean-style eating pattern, but not sure where to start?



The Med Instead of Meds class series will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day.

Great tasting and good for you! The simple, delicious, and satisfying Med Way of eating will keep you coming back for more.

### For more information about Med Instead of Meds contact:

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(Class size limited)

Med Instead of Meds -  
Eating the Med Way

Wednesdays,

May 3, 10, 17, 24, 31, and June 7, 2023  
5:30 - 7:30 pm

Registration Fee: \$40  
(check payable to: Cleveland County  
Cooperative Extension)

Location: NC Cooperative Extension  
Cleveland County Center  
130 South Post Road  
Shelby, NC 28152